Breville

the Baby Banquet™

Instruction Booklet

BBY400

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CONGRATULATIONS

on the purchase of your new
Breville Baby Banquet™

BBY400_IB_A12_FA.indd 2 9/05/12 5:40 PM

CONTENTS

4 Breville recommends safety first

7 Know your Breville Baby Banquet™

9 Operating your Breville Baby Banquet™

11 Assembling your Breville Baby Banquet™

19 Hints & tips

22 Care & cleaning

24 Recipes

BBY400_IB_A12_FA.indd 3 9/05/12 5:40 PM

BREVILLE RECOMMENDS SAFETY FIRST

At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Carefully read all instructions before operating the Baby Banquet™ for the first time and save for future reference.
- Remove any packaging material and promotional stickers before using the Breville baby food processor for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the Baby Banquet™ near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water, flour, etc. Vibration during operation may cause the appliance to move.
- Do not place the Baby Banquet™ on or near a hot gas or electric burner, or where it could touch a heated oven.
- Do not place any part of the baby food maker in a gas, electric or microwave oven or on a hot gas or electric burner.
- Do not use baby food maker on a sink drain board.
- Keep the Baby Banquet™ clear of walls, curtains and other heat or steam sensitive materials. Minimum 20cm distance.
- Always ensure the Baby Banquet™ is properly assembled before use. Refer to assembly and operation instructions.
- Use only the blender jar and lid supplied with the Baby Banquet™.
- Always ensure the blender is firmly in position before operating.
- Always ensure the Baby Banquet™ is turned off by pressing the POWER button. Then switch the appliance off at the power outlet and unplug the cord. Make sure the motor and blades have completely stopped before attempting to move the appliance, or when the Baby Banquet™ is not in use and before disassembling, cleaning and storing.
- Do not operate the appliance continuously with heavy loads for more than 10 seconds. Allow the motor to rest for 1 minute between each use.
- Do not operate the PULSE setting continuously for longer than 20 seconds.
- None of the recipes in this instruction book is considered a heavy load.
- Do not leave the Breville baby food processor unattended when in use.
- If food becomes lodged around the blending blade, turn the Baby Banquet™ off by pressing the power button. Then switch the appliance off at the power outlet and unplug the cord. Make sure the motor and blades have completely stopped before removing the jar from the motor base. Use a spatula to dislodge or stir the food before continuing. Do not use fingers as the blades are sharp.
- Keep hands, fingers, hair, clothing as well as spatulas and other utensils away from the blender jar during operation. Never place your fingers, hands or utensils inside the blender jar without unplugging the appliance from the power outlet.
- Be careful when handling the jar as the blades are very sharp. Be careful when emptying the blender jar and during cleaning. Mishandling of the blades may cause injury.

BBY400_IB_A12_FA.indd 4 9/05/12 5:40 PM

BREVILLE RECOMMENDS SAFETY FIRST

- Do not remove the blender jar from the motor base while in operation.
- Do not use the Baby Banquet™ for anything other than food and/or beverage preparation.
- Do not operate the Baby Banquet™ without food or liquid in the blender jar.
- Do not process hot or boiling liquids. allow to cool slightly before placing into the Blender jar.
- Do not subject the blender jar to extremes of hot or cold, for example, placing a cold jar in hot water or vice versa.
- Do not put any food or liquid other than water into the water reservoir in the steamer base. Only the steam basket and cooking containers are designed to cook food
- Do not move the Baby Banquet™ during operation.
- Do not touch hot surfaces. Use the handles to remove the lid, steamer baskets and cooking container. Take care to avoid any steam escaping from the steam outlet holes on the steamer cover. Use dry oven mitts to protect hands.
- Always lift the steamer cover away from you, when removing from the steamer basket, to avoid steam escaping from under the cover. Carefully lift and remove the steamer baskets and cooking container by the handles to avoid scalding from escaping steam. Use dry oven mitts to protect hands.
- Always ensure the Baby Banquet™ is switched off at the power outlet and the power plug is removed from the power outlet before attempting to move the appliance, when the appliance is not in use and before cleaning or storing. Allow the steamer base and accessories to cool before disassembling for cleaning and discarding liquid.
- Keep the appliance clean. Refer to care and cleaning instructions in this manual.
- Do not use harsh abrasives or caustic cleaners when cleaning this appliance. To prevent damage to the appliance, do not use alkaline cleaning agents when cleaning. Use a soft cloth and mild detergent.
- Do not place any part of the baby food maker in any dishwasher or microwave oven.
- Do not fill the Baby Banquet™ above the maximum (MAX) marking with water in the steaming water reservoir.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the cord before use.
- To protect against electric shock, do not immerse the cord, plug or motor base in water or any other liquid.
- Do not allow the cord to hang over the edge of a table or bench, touch hot surfaces or become knotted.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. Do not use the appliance if the power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.

SAVE THESE INSTRUCTIONS

BBY400_IB_A12_FA.indd 5 9/05/12 5:40 PM

BREVILLE RECOMMENDS SAFETY FIRST

- This appliance is for household use only. Do not use in moving vehicles or boats. Do not use outdoors. Do not use this appliance for anything other than its intended use. Misuse may cause injury
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice
- The appliance is not intended to be operated by means of an external timer or separate remote control system.
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet and allow all parts to cool.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.
- To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid to allow moisture to come in contact with the part unless it is recommended.

BBY400_IB_A12_FA.indd 6 9/05/12 5:40 PM

KNOW

your Breville Baby Banquet™

KNOW YOUR BREVILLE BABY BANQUET™

A. Steamer cover
B. Steamer basket
C. Steamer base
D. Steamer POWER button
E. WARM button
F. STEAM button
G. Heater
H. Motor base
I. Storage drawer
J. Cord wrap
K. Blender POWER button
L. PULSE button
M. Blender
N. Blender jar
O. Spatula
P. Tongs

Not Shown

Insulation spacer
Measuring cup
Storage Lid

BBY400_IB_A12_FA.indd 8 9/05/12 5:40 PM

OPERATING

your Breville Baby Banquet™

OPERATING YOUR BREVILLE BABY BANQUET™

BEFORE FIRST USE

Before using your Breville Baby Banquet™ for the first time, remove any packaging material and promotional labels. Ensure the appliance is switched off at the power outlet and the power cord is unplugged.

Wash the lid, steamer cover, steamer basket, blender jar and blender blades in warm, soapy water with a soft cloth. Rinse and dry thoroughly. Do not place parts in the dishwasher.

The motor base can be wiped with a damp cloth and dry thoroughly.

NOTE

The blending blades are extremely sharp. Avoid any contact with fingers and hands.

BBY400_IB_A12_FA.indd 10 9/05/12 5:40 PM

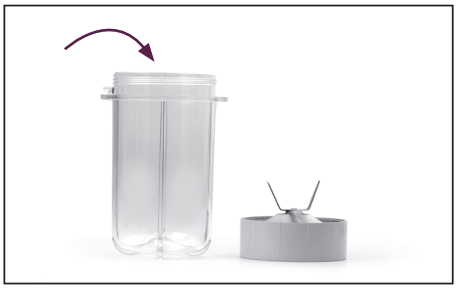
ASSEMBLING

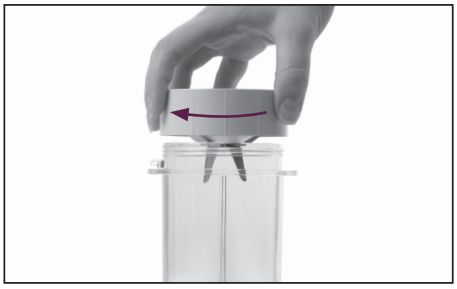
your Breville Baby Banquet™

BBY400_IB_A12_FA.indd 11 9/05/12 5:40 PM

ASSEMBLING THE BABY MAKER BLENDER

1. Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched off at the power outlet and the power cord is unplugged.
2. Place the food to be blended into the blender jar. Place the blending blades on to the blender jar by screwing the blades into place.

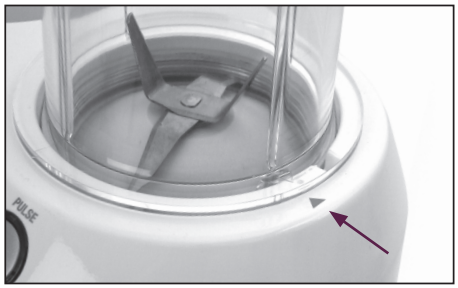




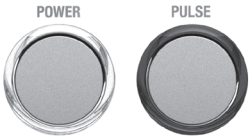
⚠ CAUTION

Blender blades are extremely sharp; please take caution when handling the blades.

3. Align the arrow on the blender jar with the UNLOCK symbol on the motor base and turn to the locked position. The tab on the blender jar should lock into the motor base.



4. Plug the power cord into a 230/240V power outlet and switch on.
5. Press the POWER button for a constant blend. The surrounding button light will turn blue to indicate that the blender is on. If you would like to have control over your blending or for quick burst of blending press and hold the PULSE button for the blending time required.



6. For best blending results food quantity should not exceed half of the blender jar volume.
7. Use the spatula provided in the storage drawer to scrape food out of the blender jar.

NOTE

Please do not blend continuously for longer than 2 minutes.

BBY400_IB_A12_FA.indd 12 9/05/12 5:40 PM

8. The left over food can be stored in the fridge for consumption in the blender jar. Place the blender lid on the blender jar (after removing blades) and store in the fridge.

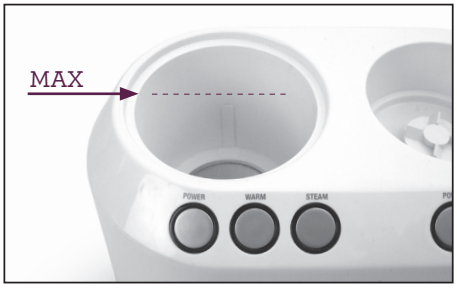
⚠ CAUTION

Always check the temperature of the food before serving to a baby. Food is extremely HOT when being steamed.

Please avoid burn.

ASSEMBLING THE BABY MAKER STEAMER

1. Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched off at the power outlet and the power cord is unplugged.
2. Place 100ml of water into the base of the steamer, or fill to the MAX line.



NOTE

The insulation plate is not needed when steaming food.

3. Place the steamer base into the steamer.

4. Place the steamer basket with cut food into the steamer base.

5. Place the steamer cover over the basket and into position.

BBY400_IB_A12_FA.indd 13 9/05/12 5:40 PM

6. Plug the power cord into a 230/240V power outlet and switch on.
7. Press the POWER button on the far left of the unit to turn the steamer on. The power button will illuminate red.

8. Press the STEAM button. This will illuminate blue to indicate that you have pressed that function.

NOTE

The red surrounding the POWER button will turn off when either the WARM or STEAM button has been pressed.

⚠ *CAUTION*

Always check the temperature of the food before serving to a baby. Food is extremely hot when being steamed. Please avoid burn.

WARMING BOTTLES FOR FEEDING

1. Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched off at the power outlet and the power cord is unplugged.
2. Place the insulation spacer in the base of the steamer chamber.

3. Place the bottle with milk into the steamer.

4. Fill the steamer with enough water to 15mm below the top of the bottle. For taller bottles, fill to 20mm below the top of the steamer.
5. The steamer can be covered or left opened.
6. Plug the power cord into a 230/240V power outlet and switch on.

BBY400_IB_A12_FA.indd 14 9/05/12 5:40 PM

7. Press the POWER button on the far left of the unit to turn the steamer on. The power button will illuminate red.

8. Press the WARM button. The button that has been pressed will illuminate blue to indicate that you have pressed that function.

NOTE

The red surrounding the POWER button will turn off when either the WARM or STEAM button has been pressed.

9. Once the steamer has reached the optimum warming temperature the WARM light will flash until the unit is switched off.

NOTE

Bottles should be shaken once or twice during heating to ensure even heating throughout milk.

WARMING BABY FOOD JARS AND TINS

1. Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched off at the power outlet and the power cord is unplugged.
2. Place the insulation spacer in the base of the steamer chamber.

3. Remove the lid of the jar or tin and place into the steamer.

4. Fill the steamer with enough water to 15mm below the top of the jar or tin. For taller jars, fill to 20mm below the top of the steamer.
5. The steamer can be covered or left opened.
6. Plug the power cord into a 230/240V power outlet and switch on.

BBY400_IB_A12_FA.indd 15 9/05/12 5:40 PM

7. Press the POWER button on the far left of the unit to turn the steamer on. The POWER button will illuminate red.

8. Press the WARM button. The button that has been pressed will illuminate blue to indicate that you have pressed that function.

NOTE

The red surrounding the POWER button will turn off when either the WARM or STEAM button has been pressed.

⚠ *WARNING*

There will be steam coming from the steamer cover during this process. Please keep clear from steam to avoid burn.

9. Once the steamer has reached the optimum warming temperature the WARM button will flash until the unit is switched off.

NOTE

Jars of food should be stirred once or twice during heating to ensure even heating throughout food.

NOTE

Baby food should not be cooked in the WARM setting mode. This mode is not hot enough to cook food, only use to warm already cooked food.

⚠ *CAUTION*

Baby food should not be over heated. Take it out when it reaches the desired temperature.

NOTE

Never let the water level rise above the neck of the bottle or spill over the edge of the warmer.

⚠ *WARNING*

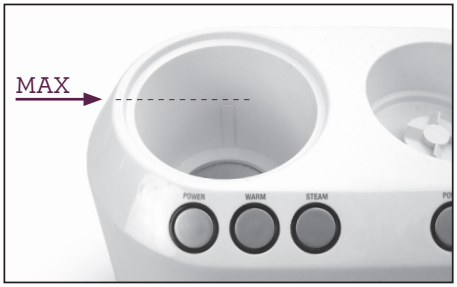
The surface of the steamer is very hot during this process.

Please handle with care.

BBY400_IB_A12_FA.indd 16 9/05/12 5:40 PM

BOTTLE STERILISATION

1. Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched off at the power outlet and the power cord is unplugged.
2. Fill the steamer chamber with water to the MAX line.



3. Place the steamer base into the steamer chamber.

4. Place the washed empty bottle and accessories into the steamer basket up side down.

5. Place the steamer cover over the top.

6. Plug the power cord into a 230/240V power outlet and switch on.
7. Press the POWER button on the far left of the unit to turn the steamer on. The power button will illuminate red.

8. Press the STEAM button. The button that has been pressed will illuminate blue to indicate that you have pressed that function.

BBY400_IB_A12_FA.indd 17 9/05/12 5:40 PM

NOTE

The red surrounding the POWER button will turn off when either the WARM or STEAM button has been pressed.

⚠ *WARNING*

There will be steam coming from the steamer cover during this operation. Please take caution to avoid burn.

⚠ *WARNING*

The surface of the steamer is very HOT during operation. Please handle with care.

9. The sterilisation process takes about ten (10) minutes. Press the POWER button once to stop working.
10. Please allow the steamer to cool for at least 5 minutes before removing the cover from the steamer.

NOTE

You can press the POWER button at any stage during this process.

NOTE

Once all the water has evaporated from the steamer, the Baby Banquet™ will switch off as a protection mode. If further steaming is required then additional water must be placed into the steamer the steaming button pressed again. A minimum of 100ml must be added to the steamer.

BBY400_IB_A12_FA.indd 18 9/05/12 5:40 PM

HINTS & TIPS

BBY400_IB_A12_FA.indd 19 9/05/12 5:40 PM

HINTS & TIPS

HEATING SETTING		INITIAL TEMP AND TIME
VOLUME	SETTING	3-5°C (AVERAGE REFRIGERATOR TEMPERATURE)
125ml bottle	WARM	8 mins
260ml bottle	WARM	16 mins
330ml bottle	WARM	20 mins
130g food jar	WARM	10 mins (from room temperature)
190g food jar	WARM	18 mins (from room temperature)
120g food pouches	WARM	10 mins (from room temperature)

NOTE

Heating times may vary depending on the shape of the bottle or jar. Test milk and foods before giving to baby.

FRUIT

FOOD TYPE	FOOD QUANTITY	LIQUID QUANITY	PREPARATION	APPROXIMATE STEAMING TIME
Apple	1 large (190g)	150ml	Peeled, cored, cut into 1.5 cm pieces	9 minutes
Pear	2 small ripe (300g)	100ml* *Extra if firm	Peeled, cored, cut into 1.5 cm pieces	6 ½ minutes
Peaches	1 large (250g)	200ml	Peel, remove seed, cut into 2.5 cm pieces	12 minutes
Nectarines	2 medium (300g)	250ml	Peel, remove seed, cut into 2.5 cm pieces	15 minutes

MEAT & SEAFOOD

FOOD TYPE	FOOD QUANTITY	LIQUID QUANITY	PREPARATION	APPROXIMATE STEAMING TIME
Chicken Breast	100g	150ml	Cut into 4 cm cubes	9 minutes
White Fish fillets	100g	100ml	Single piece	6 ½ minutes Rest for 5 minutes
Trout, Salmon	100g	150ml	Single piece	9 minutes Rest for 5 minutes

BBY400_IB_A12_FA.indd 20 9/05/12 5:40 PM

VEGETABLES

FOOD TYPE	FOOD QUANTITY	LIQUID QUANTITY	PREPARATION	APPROXIMATE STEAMING TIME
Carrots	1 medium (150g)	250ml	Peeled and trimmed, cut into 1 cm pieces	15 minutes
Potato	1 large (340g)	250ml	Peeled, cut into 3 cm pieces	15 minutes
Sweet potato	½ medium (200g)	200ml	Peeled, cut into 2.5 cm pieces	10 minutes
Broccoli	100g	150ml	Cut into medium size florets	9 ½ minutes
Pumpkin	250g	150ml	Remove skin, cut into 2.5 cm pieces	9 minutes
Cauliflower	150g	200ml	Cut into medium size florets	12 minutes
Corn	1 trimmed cob (200g)	250ml	Remove husk	15 minutes
Peas	400g in pods	150ml	Shell peas (approx 1 cup shelled)	9 ½ minutes
Zucchini	2 small (190g)	150ml	Peeled and trimmed, cut into 1 cm rounds	9 minutes
Parsnip	1 medium (150g)	200ml	Peeled and trimmed, cut into 2 cm pieces	11 minutes

BBY400_IB_A12_FA.indd 21 9/05/12 5:40 PM

CARE & CLEANING

BBY400_IB_A12_FA.indd 22 9/05/12 5:40 PM

DISASSEMBLING YOUR BABY MAKER

BLENDER JAR

1. Always ensure the Breville Baby Banquet™ is off by pressing the POWER button. Then switch off at the power outlet and unplug the power cord.
2. Remove the blender jar from the motor base by grasping the jar and twisting to the UNLOCK symbol and lifting in an upward direction.

3. Remove the blade assembly by turning in an anti-clockwise direction.
4. When cleaning the blender jar it is always a good idea to clean straight away to avoid food sticking to the blades and jar. Placing about 100ml within the blender jar, you can blend the water for about 5-10 seconds which will help clean the blades and jar. Then rinse in cold water and dry thoroughly. Alternatively wash the parts in warm soapy water, then rinse in cold water and dry thoroughly. Use a bottle brush to dislodge stubborn foods around the blade assembly.

⚠ CAUTION

Blade assembly is extremely sharp

STEAMER

1. Always ensure the steamer is off by pressing the POWER button. Then switch off at the power outlet and unplug the power cord.
2. Remove the steamer cover, steamer basket and steamer base.
3. Wash the parts in warm soapy water, then rinse in cold water and dry thoroughly.

CLEANING THE MOTOR BASE

1. Wipe the motor base with a soft, damp cloth then dry thoroughly.
2. Wipe any excess food particles from the power cord.

NOTE

Do not use abrasive scouring pads or cleaners when cleaning the motor base as they may scratch the surface.

REMOVING STUBBORN OR STRONG FOOD STAINS AND ODOURS

Strong smelling foods such as garlic, fish and some vegetables such as carrots may leave an odour or stain on the blender jar. To remove, soak blender jar for 5 minutes in warm soapy water. Then wash with a mild detergent and warm water, rinse well and dry thoroughly.

STORAGE

Store your Breville Baby Banquet™ upright with the blender jar and steam cover assembled on the motor base. Do not place anything on top.

⚠ WARNING

The blending blades are extremely sharp. Avoid any contact with fingers and hands. Use caution when handling and storing.

BBY400_IB_A12_FA.indd 23 9/05/12 5:40 PM

RECIPES

BBY400_IB_A12_FA.indd 24 9/05/12 5:40 PM

CARROT & PUMPKIN

Makes approximately ½ cup

INGREDIENTS

1 small (75g) carrot, peeled and cut into 1 cm pieces

100g pumpkin, peeled and cut into 3 cm pieces

METHOD

1. Combine carrot and pumpkin into steamer basket. Add 250ml water into steamer chamber.
2. Place steamer base into steamer with the steamer basket and cover with lid.
3. Press the STEAM button to start steaming process.
4. Once vegetables have finished steaming allow to cool for 3-4 minutes then place into blender jar with 1-2 tablespoons of liquid from the steamer base or cooled boiled water. Blend until the desired texture is achieved; adding more water if necessary.
5. Use within 1 day or freeze until needed.

NOTE

Do not use insulation spacer for steaming foods.

SWEET POTATO AND BROCCOLI

Makes approximately ½ cup

INGREDIENTS

100g sweet potato, peeled, cut into 2.5 cm pieces

1 large floret (50g) broccoli

METHOD

1. Combine sweet potato and broccoli into steamer basket. Add 150ml water into steamer.
2. Place steamer base into steamer with the steamer basket and cover with lid.
3. Press the STEAM button to start steaming process.
4. Once vegetables have finished steaming allow to cool for 3-4 minutes then place into blender jar with 1-2 tablespoons of liquid from the steamer base or cooled boiled water. Blend until the desired texture is achieved; adding more water if necessary.
5. Use within 1 day or freeze until needed.

TIP

Serve with tiny pasta and cheese for older babies

NOTE

Do not use insulation spacer for steaming foods.

BBY400_IB_A12_FA.indd 25 9/05/12 5:40 PM

SWEET POTATO, CARROTS AND PARSNIP

Makes approximately ½ cup

INGREDIENTS

80g sweet potato, peeled, cut into 2.5 cm pieces

1 small (75g) carrot, peeled and cut into 1 cm pieces

½ small (60g) parsnip, peeled and cut into 2 cm pieces

2 teaspoons (10g) butter

METHOD

1. Combine sweet potato, carrot and parsnip into steamer basket. Add 250ml water into steamer chamber.
2. Place steamer base into steamer with the steamer basket and cover with lid.
3. Press the STEAM button to start steaming process.
4. Once vegetables have finished steaming allow to cool for 3-4 minutes then place into blender jar with butter and 1-2 tablespoons of liquid from the steamer base or cooled boiled water. Blend until the desired texture is achieved; adding more water if necessary.
5. Use within 1 day or freeze until needed.

NOTE

Do not use insulation spacer for steaming foods.

PUMPKIN, ZUCCHINI AND SWEET POTATO

Makes approximately ¾ cup

INGREDIENTS

100g pumpkin, peeled and cut into 2 cm pieces

1 small (100g) zucchini, peeled , cut into 2 cm rounds

100g sweet potato, peeled, cut into 2 cm pieces

2 teaspoons (10g) butter

METHOD

1. Combine pumpkin, zucchini and sweet potato into steamer basket. Add 200ml water into steamer chamber.
2. Place steamer base into steamer with the steamer basket and cover with lid.
3. Press the STEAM button to start steaming process.
4. Once vegetables have finished steaming allow to cool for 3-4 minutes then place into blender jar with butter and 1-2 tablespoons of liquid from the steamer base or cooled boiled water. Blend until the desired texture is achieved; adding more water if necessary.
5. Use within 1 day or freeze until needed.

NOTE

Do not use insulation spacer for steaming foods.

BBY400_IB_A12_FA.indd 26 9/05/12 5:40 PM

SWEET CORN AND AVOCADO

Makes approximately 1 cup

INGREDIENTS

1 trimmed (200g) corn cob

½ small (100g) avocado, flesh only, cut into chunks

METHOD

1. Place corn cob into steamer basket. Add 250ml water into steamer chamber.
2. Place steamer base into steamer with the steamer basket and cover with lid.
3. Press the STEAM button to start steaming process.
4. Once corn has finished steaming allow to cool then cut corn kernels from cob. Place kernels into blender jar with avocado. Blend until the desired texture is achieved; adding cooled boiled water if necessary.
5. Use within 1 day or freeze until needed.

NOTE

Do not use insulation spacer for steaming foods.

APPLE AND MANGO CHICKEN WITH PEAS AND RISONI PASTA

Makes approximately 1 cup

INGREDIENTS

100g chicken breast fillet, cut into 1.5 cm pieces

½ large (95g) apple, peeled, cored and cut into 1.5 cm cubes

2 tablespoons fresh peas

2 tablespoons mango nectar

2 tablespoons cooked risoni pasta

METHOD

1. Combine chicken, apple and peas in a small bowl and stir to combine; spoon into steamer basket. Add 200ml water into steamer chamber.
2. Place steamer base into steamer with the steamer basket and cover with lid.
3. Press the STEAM button to start steaming process. Once foods have finished steaming pour into a bowl and check chicken is cooked completely.
4. Place chicken mixture into blender jug with mango nectar and blend until the desired texture is achieved; adding cooled boiled water if necessary.
5. Stir through risoni pasta for older babies or can also be pureed with chicken and apple.
6. Use within 1 day or freeze until needed.

NOTE

Do not use insulation spacer for steaming foods.

BBY400_IB_A12_FA.indd 27 9/05/12 5:40 PM

VEGETABLES WITH CHEESY SAUCE

Makes approximately 1 cup

INGREDIENTS

50g pumpkin , peeled and cut into 2 cm pieces
50g potato, peeled and cut into 2 cm pieces
50g sweet potato , peeled and cut into 2 cm pieces
1 medium floret (30g) broccoli

Cheesy sauce
1 teaspoon (5g) butter
1 ½ teaspoons plain flour
¼ cup milk, warmed
1-2 tablespoon grated cheese

METHOD

1. Combine pumpkin, potato, sweet potato and broccoli into steamer basket. Add 200ml water into steamer chamber.
2. Place steamer base into steamer with the steamer basket and cover with lid.
3. Press the STEAM button to start steaming process.
4. Once vegetables have finished steaming cool for 3-4 minutes then place into blender jar with 1-2 tablespoons of liquid from the steamer base or cooled boiled water. Blend until the desired texture is achieved; adding more water if necessary.
5. Stir through desired amount of Cheesy sauce.
6. Use within 1 day or freeze until needed.

TO MAKE CHEESY SAUCE

1. Heat butter in a small saucepan over a medium heat until butter melts and starts to bubble.
2. Remove from heat and stir through flour with a wooden spoon.
3. Return to a low heat and cook flour and butter mixture for 1-2 minutes. Add milk and whisk until combined.
4. Stir until sauce has thickened. Stir through cheese.
5. Transfer to a heatproof bowl and cover with plastic wrap until needed.

NOTE

Do not use insulation spacer for steaming foods.

BBY400_IB_A12_FA.indd 28 9/05/12 5:40 PM

STEAMED SALMON WITH SPINACH

Makes approximately ½ cup

INGREDIENTS

100g salmon in one piece
½ cup (10g) baby spinach
2 tablespoons creme friache or natural yogurt

METHOD

1. Place steamer base into steamer with the steamer basket and cover with lid.
2. Press the STEAM button to start steaming process.
3. After approximately 8 minutes carefully lift lid and add spinach on top of salmon; replace lid. Once finished cooking allow salmon to rest for 5 minutes before removing then place into a bowl with creme friache or yogurt. Mash with fork.
4. Use within 1 day or freeze until needed.

POTATO, PUMPKIN, CAULIFLOWER WITH CHEESE

Makes approximately ¾ cup

INGREDIENTS

50g potato, peeled and cut into 2 cm pieces
80g pumpkin , peeled and cut into 2 cm pieces
1 large floret (50g) cauliflower
1-2 tablespoons grated cheese

METHOD

1. Combine potato, pumpkin and cauliflower into steamer basket. Add 200ml water into steamer.
2. Place steamer base into steamer with the steamer basket and cover with lid.
3. Press the STEAM button to start steaming process.
4. Once vegetables have finished steaming cool for 3-4 minutes then place into blender jar with 1-2 tablespoons of liquid from the steamer base or cooled boiled water. Blend until the desired texture is achieved; adding more water if necessary.
5. Stir through grated cheese.
6. Use within 1 day or freeze until needed.

NOTE

Do not use insulation spacer for steaming foods.

BBY400_IB_A12_FA.indd 29 9/05/12 5:40 PM

WHITE FISH WITH POTATO AND CHEESY SAUCE

Makes approximately ¾ cup

INGREDIENTS

1 small (120g) potato, cut into 1 cm cubes

100g piece white fish in one piece

Cheesy sauce

1 teaspoon (5g) butter

1 ½ teaspoons plain flour

¼ cup milk, warmed

1-2 tablespoon grated cheese

METHOD

1. To make cheesy sauce, heat butter in a small saucepan over a medium heat until butter melts and starts to bubble. Remove from heat and stir through flour with a wooden spoon. Return to a low heat and cook flour and butter mixture for 1-2 minutes. Add milk and whisk until combined. Stir until sauce has thickened. Stir through cheese. Transfer to a heatproof bowl and cover with plastic wrap until needed.
2. Place potato first into steamer basket then top with fish. Add 150ml water into steamer.
3. Place steamer base into steamer with the steamer basket and cover with lid.
4. Press the STEAM button to start steaming process.
5. Once finished cooking allow fish to rest for 5 minutes before removing then place into a bowl and mash with fork. Stir through desired amount of cheesy sauce
6. Use within 1 day or freeze until needed.

NOTE

Do not use insulation spacer for steaming foods.

APPLE, PEAR & CINNAMON

Makes approximately 1 cup

INGREDIENTS

1 large (190g) apple, peeled, cored and cut into 1.5 cm cubes

1 medium (200g) pear, peeled, cored and cut into 1.5 cm cubes

Pinch cinnamon

METHOD

1. Combine apple and pear into steamer basket. Add 150ml water into steamer.
2. Place steamer base into steamer with the steamer basket and cover with lid.
3. Press the STEAM button to start steaming process.
4. Once fruits have finished steaming allow to cool for 3-4 minutes then place fruit into blender jar with cinnamon and 1-2 tablespoons of liquid from the steamer base or cooled boiled water. PULSE until the desired texture is achieved; adding more water if necessary.
5. Use within 1 day or freeze until needed.

NOTE

Do not use insulation spacer for steaming foods.

BBY400_IB_A12_FA.indd 30 9/05/12 5:40 PM

PEARS, NECTARINES AND BLUEBERRIES

Makes approximately ½ cup

INGREDIENTS

1 small (150g) pear, peeled, cored and cut into 1 cm cubes

1 medium (150g) nectarine, peeled, seed removed, cut into 2 cm pieces

2 tablespoons blueberries

METHOD

1. Combine pear and nectarine into steamer basket. Add 200ml water into steamer.
2. Place steamer base into steamer with the steamer basket and cover with lid.
3. Press STEAM button to start steaming process.
4. Once fruits have finished steaming allow to completely then place pear and nectarine into blender jar with blueberries. PULSE until the desired texture is achieved.
5. Use within 1 day or freeze until needed.

NOTE

Do not use insulation spacer for steaming foods.

PEACH, BANANA AND PRUNES

Makes approximately ¾ cup

INGREDIENTS

1 large (250g) peach, peeled, seed removed, cut into 2.5 cm pieces

2-3 seedless prunes

1 small (130g) ripe banana, peeled, cut into chunks

METHOD

1. Place peach and prunes into steamer basket. Add 200ml water into steamer.
2. Place steamer base into steamer with the steamer basket and cover with lid.
3. Press the STEAM button to start steaming process.
4. Once fruit has finished steaming allow to completely then place into blender jar with banana. PULSE until the desired texture is achieved adding liquid from the steamer base or cooled boiled water as needed.
5. Use within 1 day or freeze until needed.

NOTE

Do not use insulation spacer for steaming foods.

NOTE

Strawberries are only recommended for babies over 12 months

BBY400_IB_A12_FA.indd 31 9/05/12 5:40 PM

PEAR, BANANA AND PAPAYA

Makes approximately 1 cup

INGREDIENTS

1 small (150g) pear, peeled, cored and cut into 1 cm cubes

½ small (65g) ripe banana, peeled, cut into chunks

100g ripe papaya, peeled, seeds removed and cut into chunks

METHOD

1. Place pear into steamer basket. Add 100ml water into steamer.
2. Place steamer base into steamer with the steamer basket and cover with lid.
3. Press the STEAM button to start steaming process.
4. Once pear has finished steaming allow to completely then place pear into blender jar with banana and papaya. PULSE until the desired texture is achieved adding liquid from the steamer base or cooled boiled water as needed.
5. Use within 1 day or freeze until needed.

NOTE

Do not use insulation spacer for steaming foods.

PEAR, BANANA AND PAPAYA

Makes approximately 1 cup

INGREDIENTS

1 small (150g) pear, peeled, cored and cut into 1 cm cubes

½ small (65g) ripe banana, peeled, cut into chunks

100g ripe papaya, peeled, seeds removed and cut into chunks

METHOD

1. Place pear into steamer basket. Add 100ml water into steamer.
2. Place steamer base into steamer with the steamer basket and cover with lid.
3. Press the STEAM button to start steaming process.
4. Once pear has finished steaming allow to completely then place pear into blender jar with banana and papaya. PULSE until the desired texture is achieved adding liquid from the steamer base or cooled boiled water as needed.
5. Use within 1 day or freeze until needed.

NOTE

Do not use insulation spacer for steaming foods.

BBY400_IB_A12_FA.indd 32 9/05/12 5:40 PM

NECTARINE, BANANA AND YOGURT

Makes approximately ¾ cup

INGREDIENTS

1 medium (150g) nectarine, peeled, seed removed, cut into 2 cm pieces

½ small (65g) ripe banana, peeled, cut into chunks

1 tablespoon natural yogurt

METHOD

1. Place nectarine into steamer basket. Add 200ml water into steamer.
2. Place steamer base into steamer with the steamer basket and cover with lid.
3. Press the STEAM button to start steaming process.
4. Once nectarine has finished steaming allow to completely then place nectarine into blender jar with banana and yogurt. PULSE until the desired texture is achieved adding liquid from the steamer base or cooled boiled water as needed.
5. Use within 1 day or freeze until needed.

NOTE

Do not use insulation spacer for steaming foods.

BBY400_IB_A12_FA.indd 33 9/05/12 5:40 PM

BANANA, AVOCADO AND YOGURT

Makes approximately ½ cup

INGREDIENTS

1 small (130g) ripe banana, peeled, cut into chunks

½ small (100g) avocado, flesh only, cut into chunks

1 tablespoon natural yogurt

METHOD

1. Combine all ingredients into blender jug. PULSE until desired texture is achieved.
2. Use within 1 day or freeze until needed.

BANANA AND BLUEBERRY

Makes approximately ½ cup

INGREDIENTS

1 small (130g) ripe banana, peeled, cut into chunks

¼ cup blueberries

METHOD

1. Combine ingredients into blender jug. PULSE until desired texture is achieved.
2. Use within 1 day or freeze until needed.

PAPAYA AND YOGURT

Makes approximately ½ cup

INGREDIENTS

150g ripe papaya, peeled, seeds removed and cut into chunks

2 tablespoons thick vanilla yogurt

METHOD

1. Combine ingredients into blender jug. PULSE until desired texture is achieved.
2. Use within 1 day or freeze until needed.

TIP

For babies over 12 months add ½ teaspoon honey

BBY400_IB_A12_FA.indd 34 9/05/12 5:40 PM

SMOOTHIES

BANANA SMOOTHIE

Makes approximately 1 cup

INGREDIENTS

1 small (130g) ripe banana, peeled, cut into chunks
½ cup (125ml) milk
⅓ cup (80ml) thick vanilla yogurt
½ teaspoon honey (over 12 months only)
Pinch cinnamon

METHOD

1. Combine ingredients into blender jug. Blend until smooth.

Serve immediately.

STRAWBERRY SMOOTHIE

Makes approximately 1 cup

INGREDIENTS

4 medium strawberries, hulled, cut into quarters
½ cup (125ml) milk
⅓ cup (80ml) thick vanilla yogurt
1 teaspoon honey (over 12 months only)

METHOD

1. Combine ingredients into blender jug. Blend until smooth.

Serve immediately.

MANGO SMOOTHIE

Makes approximately 1 cup

INGREDIENTS

1 mango cheek, flesh only, cut into chunks
¼ cup (60ml) milk
1 tablespoon thick vanilla yogurt
1-2 ice cubes

METHOD

1. Combine ingredients into blender jug. Blend until smooth.

Serve immediately.

BBY400_IB_A12_FA.indd 35 9/05/12 5:40 PM

NOTES

BBY400_IB_A12_FA.indd 36 9/05/12 5:40 PM

NOTES

BBY400_IB_A12_FA.indd 37 9/05/12 5:40 PM

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BBY400 Issue - A12